

Taking Hold of Your Fears: Manage Stage Anxiety

Performers have to manage their fears and anxieties to be able to deal with numerous auditions, long-hour rehearsals and scary live performances. There is no room for doubts and inhibitions once the curtains have started rolling up. The audience expects a great show and you must give it to them.

Stage fright and all the feelings generated by being under the scrutiny of the viewing public are matters they have to deal with and overcome. The sweating, trembling, and palpitations experienced by being in the spotlight have to be managed so that they can give their 100 percent in every performance. Here are some tips many have used so that the show will go on.

Practice Positive Thinking

Positive thinking is a mental attitude that you should develop not only during performances but in life in general. It is about [approaching the unpleasant in a more positive and productive way](#). It is a way of molding yourself to think and believe that no matter what happens things will always turn out okay. To do this, you need to picture a clear image of success in your mind. You also have to believe that your goal will be achieved.

For example, you should imagine that you are standing in front of the audience calm, confident, and ready to deliver your act. You should see in your mind how gladly and joyfully pleased the crowd responds to your performance. And most importantly, you should believe in yourself that you have done this performance and are deserving of their praises.

When you see and believe this success in your mind, your senses will do as you require. Your body will achieve what you have set your mind to do, as if it is on autopilot. And when the performance is over, you will see for real, how things have fallen into place as you have ordered them to.

Celebrate Your Achievements

One way to kill your self-confidence is through self-judgment. Whenever you focus on your own weaknesses and mistakes, you strip yourself of the pride and pleasure of enjoying the beauty of your creative potential. Those negative remarks you say to yourself will cultivate anxiety, self-doubt and often self-loathing that will emanate into your own work. Or worse, your own-worst-critic remarks can be the force that causes you to lose and give up your creative life.

Many performers, even the most seasoned professionals have been victimized by being their own worst critic. By criticizing themselves endlessly, they have found even more reasons to justify why they are no good. They close their mind to learning new things and begin to focus more on making themselves feel bad.

These pitfalls are something that you would not want in your life, you need to learn to be kinder to yourself. Never hit yourself with negative comments that will tear your self-esteem. See each mistake as a lesson learned. Recognize your abilities and achievements and celebrate them. When you do this, you will be able to enjoy and improve your craft without the ominous presence of fear and the nagging voice of failure.

Stay Calm

Being on stage can cause most of your vitals to increase: your heart beats fast; your breathing accelerates; and your blood pressure rises. Aside from these, physical discomforts such as trembling, shaking, sweating, dizziness and cold, clammy skin can be big distractions to your big performance. And with this nervousness, technical errors and memory lapses can make for a perfect recipe for disaster.

To avoid this mess, it is important to stay calm before going on stage. [Practice deep breathing exercises](#) to calm the nerves. It can reduce the sting of nervousness and performance anxiety. To do this, fill the lungs with full breaths of air. This helps to increase oxygen supply to the brain, which is important for the perfect functioning of neurons. Hold your breath for two seconds then slowly release the air through pursed lips. Continue this process until restlessness is resolved.

Enjoy Your Performance

Come recital night you often forget that your performance is the moment you can finally share to your listeners, everything that you have worked for, over the months, even years. With you on stage, take this time to enjoy and celebrate the moment. Avoid correcting yourself of errors and faults. You have already done that during practice and rehearsal. This night is the night for you to showcase your mastery and love for your craft. Let out your emotions and glide with the melody. Let the adrenaline rush show your genuine passion for music.

Performance anxiety and stage fright can be your own making. When you let yourself be defeated by your own fears, somehow you have let your inner ingenuity go. Managing them and making sure that you have a firm grasp on these restless emotions will help you shine like the star that you are.

Ryan Rivera used to suffer from anxiety himself. But with the help of these simple techniques, he has improved himself. To learn more on how to manage your fears, visit www.calmclinic.com.